

THURSDAY, JUNE 8, 1911.

## THE "PERSONAL FACTOR" IN THE WAR AGAINST CONSUMPTION.

- (1) *Pulmonary Tuberculosis and Sanatorium Treatment*. By Dr. C. Muthu. Pp. vi+201. (London: Baillière, Tindall and Cox, 1910.) Price 3s. 6d. net.
- (2) *Conquering Consumption*. By Dr. Woods Hutchinson. Pp. 138. (London: Constable and Co., Ltd. Boston and New York: Houghton Mifflin Company, 1910.) Price 4s. 6d. net.

(1) **S**OME twenty years ago the sanatorium treatment of consumptive patients was but in its infancy, and, with the exception of Dr. Walther's disciples who had studied at Nordrach, there were few who understood the real inwardness of this method of treatment. The result was, necessarily perhaps, a somewhat hide-bound method, and although a certain proportion of patients did well, others, even those in the earlier stages of the disease, seemed to be unaffected, favourably, at any rate, by prolonged treatment. Indiscriminate over-feeding, irrational exercise, inattention to details, and imperfect understanding of the general principles upon which the sanatorium treatment is based were accountable for many of the failures.

During the last ten years a number of physicians, especially young men, have devoted themselves very thoroughly to the study of sanatorium and after sanatorium treatment, and we are now reaping, as the results of the observations and experience of these observers, an extensive literature, some of which has been embodied in what may be called the consumptives' liturgy. Amongst those who have written such text-books is Dr. C. Muthu, late physician to the Inglewood Sanatorium, Isle of Wight, and at present physician to the Mendip Hills Sanatorium, Wells, Somerset. Dr. Muthu, who is not only a physician but a philosopher, gives a record of ten years' observations and work in open-air sanatoria.

As regards the pathology and etiology of tuberculosis, he has here written many things with which certain, probably the majority of, pathologists and physicians will disagree. This, no doubt, arises from the fact that Dr. Muthu looks at the question from the point of view of his patient, and we may accept it that from the point of view of treatment what is lost thereby is perhaps more than gained in another direction. One gathers from a perusal of this work that Dr. Muthu looks upon the successful treatment of pulmonary tuberculosis as being possible only when an intimate partnership and cooperative movement between physician and patient can be agreed upon and carried out. If the will of the patient be strong the firmness of the doctor is not so important a factor, but in the case of the inexperienced and vacillating patient the personality of the physician and his power of dominating his patient come to be of prime importance. The patient must be lifted out of his diseased condition, not only as regards body, but as regards mind. He must not dwell upon its course but upon its cure.

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The keynote as to Dr. Muthu's ideas on the pathology of the disease is given in a statement put in opposition to von Ziemssen's dictum, "no tubercle bacilli, no tuberculosis," Dr. Muthu contending that it will be nearer the truth to say, "no soil, no tuberculosis," which one supposes should really read, "no suitable soil, no tuberculosis." Dr. Muthu's own statement is perhaps considerably stronger than he really wishes those who read his book to accept, for it is only fair to him to state that he still appears to have some belief in von Ziemssen's dictum. It is, however, the function and the appropriate function, of the sanatorium physician to preach the doctrine that the soil much more than the seed controls the disease, for, after all, it is the cure of the patient that he has to effect. One cannot help feeling, however, that it is a dangerous doctrine to preach that pulmonary tuberculosis is not a contagious disease. That the infective material takes long to manifest its presence all will accept, that it is not so infective as the ordinary zymotic diseases may also be taken for granted; but that it is infective, and, under certain conditions, highly infective, should never be ignored. However, those who read the chapters on the predisposing factors, on early diagnosis, and on the prognosis of tuberculosis will be interested whether they agree with the author or not.

When we come to the principles of open-air treatment we are in hearty accordance with almost every word Dr. Muthu writes. His experience is wide, he has entered into his work with enthusiasm, and apparently has recorded his results accurately. The special chapters on treatment are of interest rather to the medical profession than to the general public, and their value can only be fully appreciated by the medical man, as their complete understanding involves a knowledge not usually acquired by a layman. Dr. Muthu deals with the social aspect of tuberculosis in the third part of his work, and we can thoroughly recommend this portion to the consideration of all who take an interest in the welfare of their fellows. Dr. Muthu evidently feels deeply, and he certainly expresses himself strongly and clearly. Some may not agree with him on all that he writes, but here again, whether they agree with him or not, they will be interested and often enlightened. The book is well printed and the illustrations are excellent.

(2) In Dr. Woods Hutchinson's work we have an original and hopeful statement of what the Americans call "a difficult proposition." Dr. Hutchinson starts out on the assumption that man is "the toughest, the most resourceful, the most ferocious and dangerous animal that walks upon the face of the globe," and he thinks that we have not yet added bacteria to our conquests simply because we did not know of their existence until about half a century ago. Now he considers that this conquest is only a question of time, especially as the harmful bacteria form such a relatively small proportion of the known microbial organisms. Dr. Woods Hutchinson is a great believer in the tubercle bacillus as the cause of tuberculosis, and he considers that as a cause of

the disease it may be taken into the human system in various ways—in the food we take, the air we breathe, in the dust of the room, of the street, by flies, dirty fingers, filthy garments, and in a dozen other ways in which excreta and dirt may be spread. He considers that eight-tenths of all civilised people have had tuberculosis and have recovered from it without knowing anything at all about it.

In spite of all this, after describing in very popular language tuberculosis of various types, he states his belief that if we could put a stop to the dissemination of the tubercle bacillus we could put an end not only to pulmonary consumption, but could diminish our cripples by two-thirds, cases of scrofula by three-fourths, the fatal convulsions of childhood by a half, and eliminate a very large proportion of the fatal bowel diseases that occur in childhood. His optimism again comes forward when he considers Osler's statement that "we to-day run rather less than half the risk of dying of consumption than our grandfathers did and barely three-fourths of the risk that our parents did."

Dr. Hutchinson now and again drifts into what may be called Dooleyisms, which have a distinctly original flavour about them, and certainly tend to amuse, and, at the same time, to give us "furiously to think." As in the following:—

"If the rich had more sense and the poor more money, and both more public spirit, consumption would soon be a thing of the past. And it would be only one of many evils which would disappear in the process."

Again, when speaking of fresh air, he says:—

"Like other necessities of existence, it goes with the land, somebody else is going to get too little air, not to mention food and other incidentals. This isn't socialism—it's sanitary science. . . . It costs money to have plenty of fresh air to eat, even though the air is free . . . the one thing which no intelligent, civilised community can afford under any circumstances, is to allow any section, or class of it, to grow up without sufficient food to eat, air to breathe, and fuel to burn. . . . Wipe out the conditions which create consumption, and you will at the same stroke abolish half our crime and two-thirds of our pauperism!"

Dr. Hutchinson, after giving his message of hope describing the bacillus as the enemy, the weapons of the war to be waged against him, gives chapters on "Fresh air and how to get it," "Sunlight: the real golden touch," "Food, the greatest foe of consumption," "Work and rest: intelligent idleness," "The camp and the country," "Cash and consumption," "Climate and health," and "Specifications for the open-air treatment at home."

Speaking of the open-air treatment of consumption and camp-life, he says:—

"The cure of consumption is not a drug, or an operation, or a magic method of any sort. It is a *life* that must be lived twenty-three hours and sixty minutes out of the twenty-four, and seventy years out of your threescore and ten. You cannot learn it properly by being told about it, or lectured about it, or advised about it ever so wisely—you must live it."

Referring to the economic aspect of the question, under the heading "Cash and Con-

sumption," the author believes that the community should provide the means for the worker to recover from his tuberculosis, and he contends that it can very well afford to do so, as thereby it escapes supporting his widow and educating his orphan children. It is on this basis that he speaks of poverty as the most expensive thing in the world for any community when quoting the tables of Korosi, which show that of each 10,000 well-to-do persons only forty die annually of consumption; of the same number of moderately well-to-do, 62·7; of poor, 77; and of paupers, 97. He maintains that there is a sound biological basis for our desire to be rich, for he points out that by becoming so "we reduce our chances of dying from tuberculosis fifty per cent."

There is good, sound, common-sense in the chapter on climate and health, which contains the following statement:—

"If anyone goes South to avoid the trouble of ventilating his bedroom properly, or taking sufficiently vigorous exercise in the open air to get up a glow and defy the frost, he is doing himself harm rather than good."

Wherever you go, the author says, go to a place where you can be comfortable, where you can get plenty of good and cheap food, where you can live in the open air without discomfort, where you will not be 'overworked, and where you can carry out to the full all the lessons learnt in the sanatorium. We have enjoyed reading Dr. Woods Hutchinson's book, and we can recommend it to all who like common-sense and can appreciate the writing of a man who knows his own mind concerning the subject with which he is dealing.

#### PROGRESS IN GIRLS' EDUCATION.

*Public Schools for Girls: a Series of Papers on their History, Aims, and Schemes of Study, by Members of the Association of Headmistresses.* Edited by Sara A. Burstall and M. A. Douglas. Pp. xv+302. (London: Longmans, Green, and Co., 1911.) Price 4s. 6d.

THIS is a book calculated to rejoice the heart of an educational worker, not so much for the wisdom it contains as for the evidence it affords of the spirit animating the educational policy of our leading English schools for girls. Here we have twenty-four essays relating to the subjects of girls' education, written by experienced headmistresses, who one and all seem to have a real zeal for their work, and a humble-minded desire to find the best way of doing it. There is a sense of sincerity, earnestness, and warmth in the essays that is highly pleasing, and a willingness to look at new proposals and plans that contrasts most favourably with the self-confidence, and subacid raillery sometimes affected by the high-placed pedagogue.

The essays are the outcome of a suggestion made by Mrs. Woodhouse, when president of the Association of Head Mistresses for 1907-9, and they are edited by her successor, Miss Burstall, and Miss Douglas, chairman of the curricula subcommittee.